



## Basic Stress Management, Disc

2 /

Counseling session

Instructional

Material Projectable

This instructional video, featuring therapists Allen and Mary Ivey, Norma Gluckstern-Packard and Carlos Zalaquett, is about basic stress management

<https://rebiunoda.pro.baratznet.cloud:38443/OpacDiscovery/public/catalog/detail/b2FpOmNlbGVicmF0aW9uOmVzLmJhcmF0ei5yZW4vMjYwMTIyNzg>

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**Título:** Basic Stress Management, Disc 2 by Alle E. Ivey, Mary Bradford Ivey, Norma B. Gluckstern-Packard and Carlos Zalaquett

**Editorial:** Hanover, MA Microtraining Associates 2011

**Descripción física:** 1 online resource (88 minutes)

**Duración:** 012718

**Nota general:** Title from resource description page (viewed March 29, 2016)

**Lengua:** In English

**Materia:** Theoretical Approaches to Counseling

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